



Ongoing conditions

Improving your well-being

Living with a chronic condition doesn't mean you have to be ruled by it. Taking an active role in your health can help you become more equipped to deal with life's ups and downs.

Adult Cancer Support Group – virtual group

For people 21 and older who have been diagnosed with cancer

This online group provides an opportunity for patients to support each other through the cancer experience.

The Cancer Support Groups are facilitated by cancer counselors (licensed clinicians). Adults with all types of cancers and stages of treatment are welcome to attend. A support person is also welcome to attend, with or without the patient.

Ongoing weekly and bi-weekly groups, 1.5 hours each

No fee

For more information, please call **503-331-6550**.

Lifestyle Medicine to Prevent, Treat, and Reverse Chronic Disease – clinical offering

For Kaiser Permanente members interested in healthy lifestyle changes to improve health

Learn about healthy lifestyle practices that can help you take control of your health and reach your goals.

Lifestyle medicine is using personalized lifestyle changes to prevent, treat, and often reverse chronic disease. These changes include a whole-food, plant-predominant eating plan, regular physical activity, restorative sleep, stress management, avoidance of risky substances, and positive social connection. This program is delivered by clinicians trained and certified in the specialty of Lifestyle Medicine.

1 introductory session with option of 2-hour follow-up groups or 30-minute one-on-one appointments

Fee: Office copay

Locations: Virtual sessions and Interstate and Rockwood medical offices

A referral from your doctor is required through the Integrative Medicine Department.

For more information, please call **503-335-2671** or **1-888-813-2000**, ext. 162671.



COVID-19: Recovery and Rehab

For Kaiser Permanente members recovering from COVID-19

Get information and tips to help you deal with some of the most common symptoms that people recovering from COVID-19 have.

This class covers strategies that can play a key role in your recovery. Learn how to reduce fatigue, improve your sleep and concentration, enhance your breathing, have a safe and gradual return to exercise and activity, and pace your daily activities.

1 session, 1.5 hours

No fee for Kaiser Permanente members

To register, please call **1-844-394-3972**.

Breast Cancer Rehab Class

For Kaiser Permanente members with a current (or prior) diagnosis of breast cancer

Gain an understanding of possible side effects and related action items for each phase of your cancer treatment.

Learn how activity or exercise can impact your overall well-being, both during and after cancer treatment. You'll also learn about scar tissue management, American Cancer Society nutritional guidelines, axillary web syndrome, and lymphedema.

1 session, 1.5 hours

No fee for Kaiser Permanente members

To register, please call **1-844-394-3972**.

Pain Coping and Skills Services

For Kaiser Permanente members 18 and older who have chronic pain

Explore and practice effective ways to help reduce pain and improve function.

Group video* appointments:

- Foundation in pain neuroscience education and guidance to develop your pain management plan.
- 7 sessions – 1-6 are 2-hour sessions for education and skill practice and session 7 is a 60-minute individual care plan appointment.
- Facilitated by a team of pharmacists, clinical social workers, and a physical therapy assistant. All team members have training in pain management.
- An adult support person may attend with you at no additional charge.

Individual appointments:

- A pain assessment and a series of follow-up appointments to help you develop your pain management plan. It focuses on your specific strengths and goals as well as specific challenges you may be experiencing in your pain management.
- Follow-up appointments include counseling to work with the relationship between pain, nervous system function, thoughts, and emotions. Biofeedback and/or clinical hypnosis may be offered as treatment approaches to help you retrain your nervous system.
- Services provided by psychologist or clinical social worker. All team members have training in pain management.
- Video* and in-person appointments available. In-person are at Central Interstate, Orchards, and Skyline medical offices.

Fees vary

A referral is required to attend Pain Coping and Skills Services. For more information, please call **503-331-6131**.

*When appropriate, available, and legally permissible.

*These features are available when you get care at Kaiser Permanente facilities.

*You must be located in Oregon or Washington during the video or phone appointment.

*For an individual video visit, members must be registered on kp.org and have a camera-equipped computer or mobile device. For the group video visits, we use Microsoft Teams, which does not require kp.org registration but does require a camera-equipped computer or mobile device.

Living Well with Chronic Conditions

For Oregon adults who have an ongoing condition, including diabetes, arthritis, asthma, and heart disease

Get tools for living a healthy life while managing an ongoing condition.

The Chronic Disease Self-Management Program is a 6-week workshop. You'll get information and support for continuing your normal daily activities and dealing with the emotions that chronic conditions may bring. All workshops are offered in English and Spanish.

6 sessions, 2.5 hours each

Fees vary

Offered by a community partner. If you live in Oregon, go to healthoregon.org/livingwell for more information.



Want to know more?

- Visit kp.org/healthengagement for information on pain, ADHD, and more.
- Check out the online wellness programs at kp.org/healthylifestyles. They are for Kaiser Permanente members at no additional cost. More info is on page 49.
- Watch videos on diabetes, high blood pressure, lower back pain, and COPD at kp.org/video.
- See pages 17-18 for diabetes prevention information.
- Visit kp.org/cancercare.
- Use the apps at kp.org/selfcareapps*. They are digital personalized programs. *myStrength* includes interactive activities, in-the-moment coping tools, inspirational resources, and community support. *Calm* is for meditation and sleep – designed to help lower stress, reduce anxiety, and more. *Ginger* gives you text-based emotional support coaching, available 24/7.
- Find programs and services near you at kp.org/communityresources. Explore this directory of resources in your area – including programs for food, housing, childcare, utilities, employment, and more.

*Only available to Kaiser Permanente members with medical coverage.